

Career Development Activity

Subject Area: Heathful Living
Title: Feeling Face Pumpkins

Grade Level: K-2

Career Development

*Competency- 3. Awareness of the importance of growth and change.
Indicator – 2 Identify ways to express feelings.*

From the Standard Course of Studies (Healthful Living)

*Competency Goal - (Grd. K, 1, 2, 3) 2. Stress Management;
Indicator – (K) 2.2 Verbalizing Feelings, (Grd.1) 2.1 Differentiating
between healthful and unhealthful methods of expressing feelings; (Grd.2) 2.1
Sharing thoughts & feelings; (Grd.3) 2.1 Monitoring own feelings.*

Learner Outcome: Students will express their feelings as related to an experience.

Resources/Materials

4 Pumpkins, with feeling faces on them created with stickers or markers.
Music tape or CD player for music.

Activity

- Label four little (real) pumpkins with feeling faces.
- Pass them around with a music background.
- When the music stops, the child who gets the pumpkin will share something they have experienced that made them feel the same as the feeling expressed on the face of the pumpkin they get. (Happy, Sad, Mad, Afraid.)

Extension: Design with the students' phrases they can think of or pictures they can envision that can help them decrease a sad or mad mood.

Parent Involvement: Children could make (or take home) feeling pumpkin pictures that they can share with their parents. Pictures can be cut out and put on the refrigerator according to how the child or parent felt that day.

Time Required: Minimum - 30 minutes for 25 children.